



MARCH 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3  I Want You to be Happy Day	4  HAPPY NATIONAL SONS DAY	5  ASH WEDNESDAY	6 AOA MEET & GREET	7 "March is tomboy with tousled hair, a mischievous smile, mud on her shoes and a laugh in her voice." -Hal Borland
10  NATIONAL NAPPING DAY	11 ST PADDY'S POTLUCK 	12 ST PADDY COOKIE DECORATING	13 ST PADDY PARTY BUS TRIP  NATIONAL GOOD SAMARITAN DAY	14 "Like wildflowers, you must allow yourself to grow in all the places people thought you never would." -E.V. Rogina CLEVELAND ORCHESTRA BUS TRIP
17  St. Patrick's Day	18 RYTHYM OF THE DANCE BUS TRIP	19  MARCH 19 NATIONAL LET'S LAUGH DAY	20 AOA MEET & GREET FIRST DAY OF SPRING 	21 "Let the March wind blow away your worries, regrets, and sorrow. Let the spring sunshine plant the seed of hope in your heart." -Anonymous
24  National Medal of Honor Day	25	26	27 ICE WINE FESTIVAL BUS TRIP  NATIONAL JOE DAY	28 "Flowers grow back even after the harshest winters. You will too." -Jenna Cecelia
31  National TATER DAY March 31			STAY CONNECTED TO THE YMCA 365 DAYS A YEAR BY USING THE YMCA 360 APP	"It was one of those March days when it was summer in the light, and winter in the shade." -Charles Dickens

"March is the best time to start again, because if the spring can do it, why can't you?" -Anonymous

"In March winter is holding back, and spring is pulling forward. Something holds and something pulls inside us too." -Jean Hersey

AOA MONTHLY NEWSLETTER



FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

FrenchCreekFamily YMCA

2010 Recreation Lane, Avon, OH 44011
(440) 934-9622

Facility Hours:
Monday – Thursday: 5am to 10pm
Friday: 5am-9pm
Saturday: 7am to 6pm
Sunday: 8am – 4pm

OUR MISSION IS TO PUT CHRISTIAN PRINCIPLES INTO PRACTICE THROUGH PROGRAMS THAT BUILD HEALTHY SPIRIT, MIND & BODY FOR ALL.

Active Older Adult Newsletter

March 2025



"From the first settlers who came to our shores, from the first American Indian families who befriended them, men and women have worked together to build this nation too often the women were unsung and sometimes their contributions went unnoticed. But the achievements, leadership, courage, strength and love of the women who built America was as vital as that of the men whose names we know so well." - President Jimmy Carter 1980

THURSDAY MARCH 6TH & 20TH
10:30AM – 11:30AM
AOA Meet & Greet
Register at the front desk

TUESDAYS 8:00AM
Beginner Clinic
March 6th – 27th
8am Cost: \$35 Members

TUESDAYS @ 8:00AM
Intermediate Pickleball Clinic
March 4th – 25th
Cost: \$35 Members

THURSDAYS @ 8:00AM & 9:00AM
Intermediate Plus Pickleball Clinic
March 6th – 27th
Cost: \$35 Members

MONDAY OR WEDNESDAYS @ 1:00PM @ THE ANCHOR
Social Pickleball League
February 3rd - 26th
Cost: \$40

THURSDAYS @ 12:00PM
Caps N' Laps - Community Room
Beginners are Welcome!

WEDNESDAYS @ 10:00AM
Chess club - Community Room
Beginners are Welcome!


WEDNESDAY MARCH 12TH @ 12:30PM
Cookie Decorating with Tony Y
Cost: 30 Members

Managing SAD Symptoms

While there is no "one size fits all" approach to curing seasonal depression, these approaches have been widely effective in helping people manage their symptoms.

- Get Outside:** Take advantage of winter's limited sunlight by going outside during the day. Whether going on a quick walk or doing homework on the porch, this exposure to natural sunlight can help to mitigate your SAD symptoms.
- Exercise:** Not only is exercise beneficial for your physical health, but it can also help to improve your mental health. Getting yourself moving is a widely recommended method for alleviating symptoms of various types of mental illnesses such as SAD.
- Counseling & Medication:** Talking to someone about your feelings can help reframe your negative mindset about winter and pave the way for more positive perspectives. Some antidepressants have also proven to be effective at reducing the symptoms of SAD.
- Vitamin D:** Because of the lack of sunlight in the winter, people often experience a Vitamin D deficiency, which can cause seasonal depression. Taking a Vitamin D supplement or incorporating foods rich in Vitamin D such as tuna, orange juice and mushrooms into your diet can help to make up for this.
- Light Therapy:** If going outside isn't feasible for you, light therapy is another way to get Vitamin D in the winter months that allows you to stay indoors. Simply sitting in front of a very bright artificial light box for a few minutes a day (ideally in the morning) can help provide exposure to light and lessen the symptoms of seasonal depression.

Sources: Meridian Psychiatric Partners and National Institute of Mental Health



"All things are connected like the blood that unites us. We do not weave the web of life, we are merely a strand in it. Whatever we do to the web, we do to ourselves."
-Chief Seattle

AOA SUGGESTED Classes

GROUP EXERCISE (LAND)

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
		9:30-10:20 Zumba Gold Martha		9:30-10:20am Nia@ Kathy/Meridith
10:30-11:20am Gentle Yoga (SMB) Danielle		10:30-11:20am Gentle Yoga (SMB) Jan	10:30-11:20am Yin Yoga (SMB) Rita	
10:30-11:20pm SilverSneakers@ Jan	10:30-11:20am Fitness After 50 Martha	10:30-11:20am BOOM@ Amanda	10:30-11:20am Fitness After 50 Jan	10:30-11:20pm SilverSneakers@ Jessica
11:30-12:20pm Stretch & Mobility (SMB) Danielle	11:30-12:20pm Strength & Balance Phyllis	10:30-11:20am AOA Gentle Flow Ballet (Pool viewing) Martha	11:30-12:20pm Strength & Balance Phyllis	11:30-12:20pm Chair Yoga Jessica
11:30-12:20pm Senior Strength Fitness Phyllis	12:30-12:55pm Chair Tap Dance Phyllis	11:30-12:20pm SilverSneakers@ Jessica	11:30-12:20pm Rhythm & Soul Line Dancing	
12:30-1:20pm Chair Yoga Danielle	1:00-1:50pm Arthritis Stella	12:30-1:20pm Chair Yoga Danielle	1:00-1:50pm Arthritis Stella	
MONDAYS	TUESDAYS	WEDNESDAY	THURSDAYS	FRIDAYS
8:00-8:50am Aquacise RP Gail		8:00-8:50am Aquacise RP Gail	8:30-9:30am Aqua Bootcamp CP Gail	
9:00-9:50am Aquacise RP Gail	9:30-10:30am Aqua Zumba RP Martha	9:00-9:50am Aquacise RP Gail	9:30-10:20am Aqua Deep RP Jean	9:30-10:20am Zumba RP Martha
11:00-11:50 Aqua Fit Shallow RP Nancy		10:30-11:20 Aqua Fit Shallow RP Jessica	9:30-11:30am Silver Splash RP AmyLynn	11:00-11:50am Aqua FIT Shallow RP Nancy
	6:30-7:20pm Aqua Zumba RP Amanda		6:30-7:20pm Aqua Zumba RP AmyLynn	
RP: Recreation Pool CP: Competition Pool				
MONDAYS	TUESDAYS	WEDNESDAY	THURSDAYS	FRIDAYS
5:00am-10am Pickleball: 3 Courts	8:00am-11am Pickleball Clinics:	5:00am-10am Pickleball: 3 Courts	10am-12pm Pickleball: 3 Courts	5am-10am Pickleball: 1 Courts
	11am-12pm Pickleball: 3 Courts			
	7:30pm-9:45pm Pickleball: 1 Courts			

AQUATIC CLASSES

GYM

All members are invited and encouraged to participate in ALL YMCA land and water group exercise classes. The classes listed are suggested because they are considered AOA 'Friendly'. Great place to start!!

Information & Announcements

GIVE THE GIFT OF TRAVEL TO YOURSELF!



AOA TRAVEL MULTI-DAY TRIPS 2025

- Greece: October 7th - 17th
- Mackinac & More: June 8th - 11th
- Truly Great Britain: August 27th - September 7th
- Niagara Falls: August 5th - 7th
- New England & Nova Scotia Cruise: September 6th - 14th
- Noah (Sights & Sounds): November 4th - 5th

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- Hawaiian Adventure: February 4th - 15th
- Portugal & the Douro River Cruise: April 15th - 25th
- Christmas Markets on the Rhine: December 7th - 16th

Registration is NOW OPEN!! Brochures are available for each trip at the AOA Table in the French Creek YMCA lobby. If you would like additional information trip or to register, please contact Loni Beverly at 803-318-4324 lbeverly@clevelandymca.org



AOA DAY BUS TIPS: 2025

All trips depart at the French Creek Family YMCA unless otherwise noted

Thursday March 13th - St. Paddy's Party (JKL)

Cost: \$119 Departing 8am

Friday March 14th - Cleveland Orchestra

Cost: \$129 Departing 9am **SOLD OUT!**

Tuesday March 19th - Rhythm of the Dance

Cost: \$148 Departing at 8am

(bus pick up at the West Shore Y)

Thursday March 27th - Ice Wine Festival

Cost: \$144 Departing at 9:30am

Thursay April 10th - The Temptations & The 4 Tops

Cost: \$196 Departing at 4:30pm **SOLD OUT!**

(bus pick up at the West Shore Y)

Thursday April 24th -Detroit

Cost: \$155 Departing at 7:30am

Wednesday April 30th -Historical Churches (JKL)

Cost: \$129 Departing at 8:15am

Sunday May 18th -Fiddler on the Roof

Cost: \$119 Departing at 11am

Tuesday May 20th -Uniquely CLE

Cost: \$139 Departing at 9:15am

(bus pick up at the West Shore Y)

Thursday May 22nd -Mystery Bus Trip (JKL)

Cost: \$129 Departing at 8am

Thursday June 5th -Sauder Village & DumDum

Cost: \$136 Departing at 8:45am

Thursday June 12th -Historic & Ethnic Part V

Cost: \$139 Departing at 8:30am

(bus pick up at the West Shore Y)

Wednesday June 18th -Carousel (Light Opera)

Cost: \$155 Departing at 9:00am

Thursday July 10th -Tip-Toes (Light Opera)

Cost: \$155 Departing at 0:00am

(bus pick up at the West Shore Y)

Friday June 11th -Barn Mural Tour & More

Cost: \$139 Departing at 8:30am

*Flyers available in the lobby! Please register at the front desk or call Loni Beverly 803-318-4324.